



MDL MARINAS

**News Release**  
**For Immediate Release**  
**17 September 2021**

**Free eco-friendly exercise at MDL Fitness' open weekend**

MDL Fitness is hosting a free open weekend at its first eco gym on the 2-3 October 2021.

To celebrate the opening of its unique sustainable exercise facility at Queen Anne's Battery Marina in Plymouth, MDL Fitness is throwing its doors open to local residents, berth holders and visitors to come and try the innovative, state-of-the-art SportArt ECO-POWR™ equipment and new fitness classes for free.

The event and the gym will officially be opened by the Lord Mayor of Plymouth on Saturday the 2<sup>nd</sup> October at 10am. SportArt Ambassador, Hon Col Dr Andy Grant LLD will also be attending on the Saturday. A former Royal Marine, Andy will be giving short talks on the importance of getting fit, and he'll be getting involved with the free spin and weight-based circuit training classes throughout the day.

While serving in Afghanistan, Andy experienced life changing injuries which resulted in his lower right leg being amputated. Exercise and fitness played a massive role in his recovery and he's now the fastest single leg amputee in the world over 10k and recently completed in the Invictus Games winning two gold medals in the 400m and 1,500m Men's Ambulant IT1. He says: "There was a time after being blown up in Afghanistan, and being medically discharged from the Marines, where my mental health was at an all-time low. Exercising fixed that.

"Setting goals and getting into a good routine at the gym helped get my physical and mental health back on track. The fact we now have the option to work out and help save the planet has to be the best added bonus."

Harnessing up to 74% of a user's kinetic energy spent exercising, the gym's ECO-POWR™ treadmills, cross trainers and bicycles allow MDL to send the AC power generated by the gym's users back through the gym's power grid to offset its energy consumption and reduce its carbon footprint.

During the day, Andy will also be giving away signed copies of his book, *You'll Never Walk*, as prizes for the various fun physical challenges visitors can take part in.

"The open weekend will be the last chance to join our flagship green gym for free, with the joining fee being waived until the end of the day on Sunday 3<sup>rd</sup> October," says Matthew White, MDL Fitness manager. "It's a fantastic opportunity for those locally, or berth holders in the marina, to try out our new 35-station gym before joining. There will also be free



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giveaways from a local protein snack company and other local sustainable businesses. Everyone is welcome.

“With three levels of membership, there something to suit everyone, from a day pass to annual membership. For as little as 69 pence per day, members can enjoy a sustainable fitness experience in this stunning waterside location.”

The first of four planned eco-gyms at MDL’s marina locations, MDL Fitness in Plymouth has been built with sustainability in mind, and it’s not just the exercise equipment that makes it a standout eco-friendly fitness centre.

The flooring has been made from recycled tyres, the ventilation system has heat recovery making it more energy efficient and the gym furniture comes from a sustainable source.

To find out more and join MDL Fitness visit [www.mdlfitness.co.uk](http://www.mdlfitness.co.uk).

To enjoy free eco-friendly exercise at MDL Fitness’ open weekend visit <https://www.mdlmarinas.co.uk/fitness-open-weekend/>

## Ends

### Notes for editors:

#### MDL Marinas Group Ltd

- MDL Marinas Group is the UK’s leading marina and water-based leisure provider and one of Europe’s largest marina groups, offering members over 120 destinations to cruise to in the UK, France and Spain. Currently MDL Marinas manages 18 UK marinas and one in Spain.
- MDL Holidays is part of the MDL Marinas Group, offering waterside holidays in luxury lodge and holiday park accommodation.
- New to the MDL Marinas Group, MDL Fitness is a range of green gyms where the fitness equipment converts human kinetic energy into electricity.
- MDL Marinas Group is proud to be landlords to over 500 marine businesses, with over 260 staff delivering the unique MDL experience to all berth holders, visitors and commercial partners.
- The company also advises on worldwide marina developments.
- For more information visit [www.mdlmarinas.co.uk](http://www.mdlmarinas.co.uk)

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